



Bringing Caring Closer

Choosing a Day Program *A Guide for Families*

Choosing the **day habilitation program** that is right for your loved one can be challenging. **No two individuals' needs—and no two programs—are the same.** We recommend setting up an appointment to tour program facilities to find out which will best meet your loved one's needs. Be sure to **ask lots of questions** to ensure the program you choose is a **good fit**.

Below are some questions to guide you when touring a provider's facility or speaking with staff.



About the Provider

Q: How long has the provider been operating? Do they have expertise in serving adults with intellectual and developmental disabilities?

A: The provider should have experience and a positive track record of improving quality of life for adults with intellectual and developmental disabilities.

Q: What are the staff's qualifications?

A: The provider should employ staff who are specially trained and experienced in serving adults with intellectual and developmental disabilities.

Q: What is the program's philosophy and approach to service?

A: The ideal program should tailor service to your loved one's needs and preferences, such as developing independent living skills or making friends.

Q: Can the provider accommodate your loved one's unique mix of needs?

A: The ideal program will be able to support a wide range of needs, including mental health diagnoses and complex medical conditions.

Planning Service

Q: Will the provider conduct an individual needs assessment to determine your loved one's needs and abilities?

A: The ideal program will create an individualized service plan for each participant and adjust it as their needs change.

Q: How are participants and families included in planning and daily decisions about service?

A: Staff should partner with individuals and their families to create a service plan that meets their unique needs and respects their choices.



Activities and Support

Q: What is the staff/participant ratio?

A: The program should be well staffed to allow your loved one to receive all the personalized attention they need or desire.

Q: What social or vocational activities are offered? Does the program meet your loved one's social and recreational needs?

A: Activities offered should reflect the individual's interests, such as fitness, job skill development, or community outings.

Q: What support does the program offer for members with medical needs?

A: For individuals with complex medical needs such as cerebral palsy or those who require assistance taking medications, the program should have medical support in the form of nurses, medication managers or Certified Nursing Assistants.

Q: What assistance do staff provide with daily living skills?

A: Depending on your loved one's personal goals, the ideal program will provide support with daily living skills such as hygiene or meal preparation.



The Facility

When touring the provider's facility, be sure to note the following:

Is the facility safe and secure?

Yes ● No ●

Is it clean, well-lit and welcoming?

Yes ● No ●

Were the staff friendly and helpful?

Yes ● No ●

Did the other members seem active and engaged?

Yes ● No ●

Is the facility set up to accommodate any physical challenges, such as providing wheelchair access?

Yes ● No ●

Founded in 1990, New Jersey MENTOR has provided quality services to individuals with intellectual and developmental disabilities and other complex challenges. We provide a range of home and community-based services—some of which are offered under the REM New Jersey name. Our personalized approach maximizes each person's unique efforts to learn, grow and thrive in the communities they call home.

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